Thompson R-2J School District Nutrition Services

R2J: Are You Ready for a New You?

Health Journal
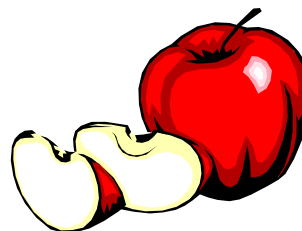
Monday, August 30, 2004

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Tuesday, August 31, 2004

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Wednesday, September 1, 2004

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Thursday, September 2, 2004

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Friday, September 3, 2004

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Saturday, September 4, 2004

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Sunday, September 5, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Monday, September 6, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:
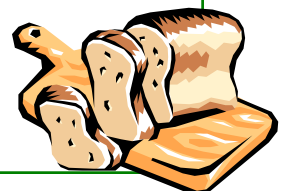
Tuesday, September 7, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Wednesday, September 8, 2004

<u>Breakfast</u>   <u>Lunch</u>   <u>Supper</u>   <u>Snacks</u>

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Thursday, September 9, 2004

<u>Breakfast</u>   <u>Lunch</u>   <u>Supper</u>   <u>Snacks</u>

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Friday, September 10, 2004

<u>Breakfast</u>   <u>Lunch</u>   <u>Supper</u>   <u>Snacks</u>

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Saturday, September 11, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Sunday, September 12, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

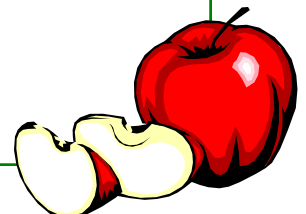- Goals for tomorrow:

Monday, September 13, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Tuesday, September 14, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Wednesday, September 15, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Thursday, September 16, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Friday, September 17, 2004

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Saturday, September 18, 2004

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Sunday, September 19, 2004

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Monday, September 20, 2004
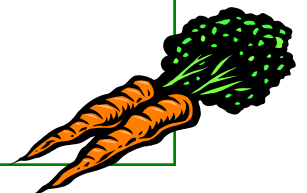
Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Tuesday, September 21, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Wednesday, September 22, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Thursday, September 23, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Friday, September 24, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Saturday, September 25, 2004
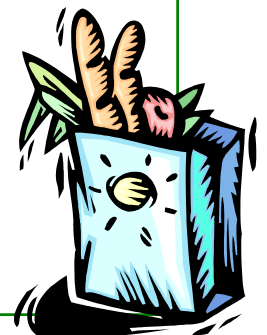
Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Sunday, September 26, 2004

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Monday, September 27, 2004

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Tuesday, September 28, 2004

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Wednesday, September 29, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Thursday, September 30, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Friday, October 1, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Saturday, October 2, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Sunday, October 3, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:
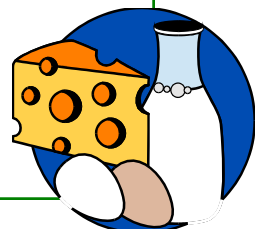
Monday, October 4, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Tuesday, October 5, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Wednesday, October 6, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Thursday, October 7, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Friday, October 8, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Saturday, October 9, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:
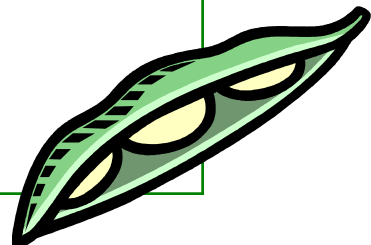
- Goals for tomorrow:

Sunday, October 10, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Monday, October 11, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Tuesday, October 12, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

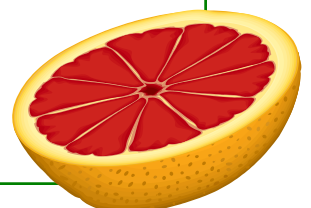- Goals for tomorrow:

Wednesday, October 13, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Thursday, October 14, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Friday, October 15, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Saturday, October 16, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:
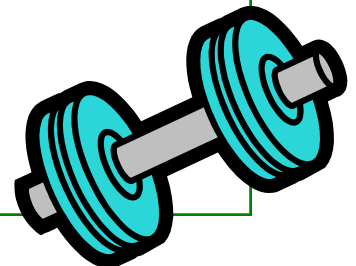
- Goals for tomorrow:

Sunday, October 17, 2004

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Monday, October 18, 2004

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Tuesday, October 19, 2004

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Wednesday, October 20, 2004

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Thursday, October 21, 2004

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Friday, October 22, 2004

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Saturday, October 23, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Sunday, October 24, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:
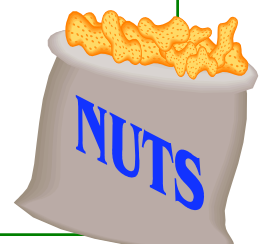
- Goals for tomorrow:

Monday, October 25, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

NUTS

Tuesday, October 26, 2004

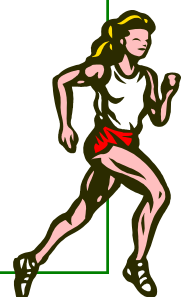Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Wednesday, October 27, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Thursday, October 28, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Friday, October 29, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Saturday, October 30, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Sunday, October 31, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

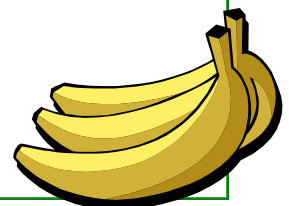## Monday, November 1, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Tuesday, November 2, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Wednesday, November 3, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Thursday, November 4, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Friday, November 5, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Saturday, November 6, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Sunday, November 7, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Monday, November 8, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Tuesday, November 9, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

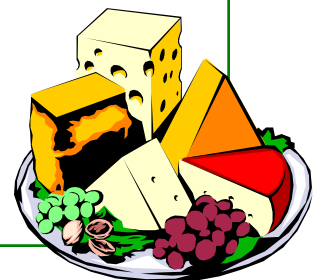## Wednesday, November 10, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Thursday, November 11, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

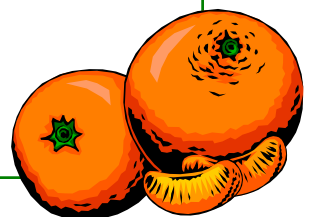- Goals for tomorrow:

Friday, November 12, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Saturday, November 13, 2004

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Sunday, November 14, 2004

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Monday, November 15, 2004

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Tuesday, November 16, 2004

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Wednesday, November 17, 2004

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Thursday, November 18, 2004

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Friday, November 19, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

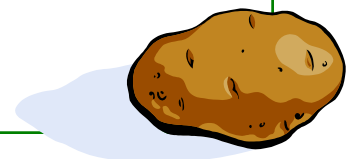## Saturday, November 20, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Sunday, November 21, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Monday, November 22, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Tuesday, November 23, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

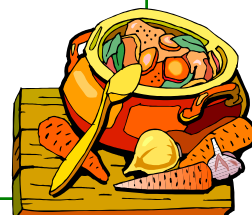- Goals for tomorrow:

Wednesday, November 24, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Thursday, November 25, 2004

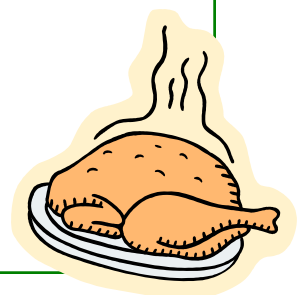<u>Breakfast</u>   <u>Lunch</u>   <u>Supper</u>   <u>Snacks</u>

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Friday, November 26, 2004

<u>Breakfast</u>   <u>Lunch</u>   <u>Supper</u>   <u>Snacks</u>

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Saturday, November 27, 2004

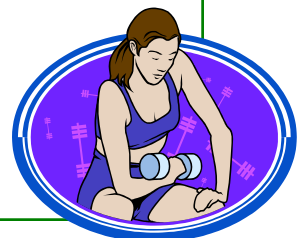<u>Breakfast</u>   <u>Lunch</u>   <u>Supper</u>   <u>Snacks</u>

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Sunday, November 28, 2004

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Monday, November 29, 2004

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Tuesday, November 30, 2004

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Wednesday, December 1, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Thursday, December 2, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Friday, December 3, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

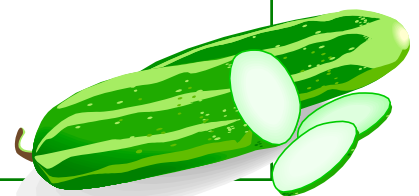## Saturday, December 4, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Sunday, December 5, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Monday, December 6, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Tuesday, December 7, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Wednesday, December 8, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

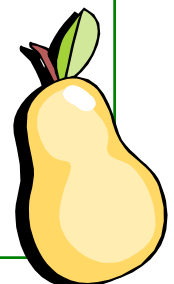- Goals for tomorrow:

Thursday, December 9, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Friday, December 10, 2004

<u>Breakfast</u>   <u>Lunch</u>   <u>Supper</u>   <u>Snacks</u>

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Saturday, December 11, 2004

<u>Breakfast</u>   <u>Lunch</u>   <u>Supper</u>   <u>Snacks</u>

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Sunday, December 12, 2004

<u>Breakfast</u>   <u>Lunch</u>   <u>Supper</u>   <u>Snacks</u>

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Monday, December 13, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Tuesday, December 14, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Wednesday, December 15, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Thursday, December 16, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Friday, December 17, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:
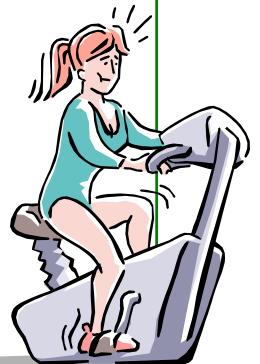
- Goals for tomorrow:

Saturday, December 18, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Sunday, December 19, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Monday, December 20, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Tuesday, December 21, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Wednesday, December 22, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Thursday, December 23, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

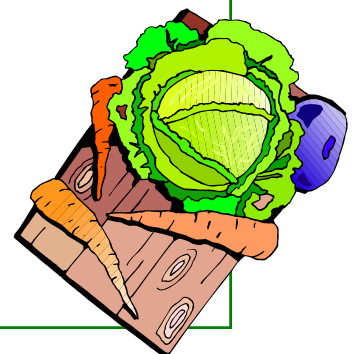- Goals for tomorrow:

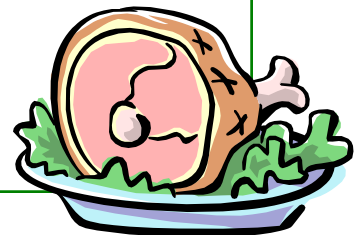## Friday, December 24, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Saturday, December 25, 2004

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Sunday, December 26, 2004

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Monday, December 27, 2004

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Tuesday, December 28, 2004

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Wednesday, December 29, 2004

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Thursday, December 30, 2004

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

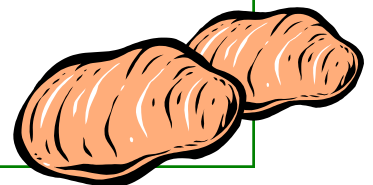## Friday, December 31, 2004

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Saturday, January 1, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:
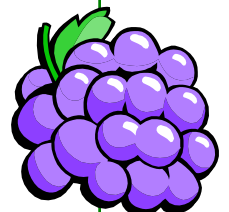
Sunday, January 2, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Monday, January 3, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Tuesday, January 4, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:
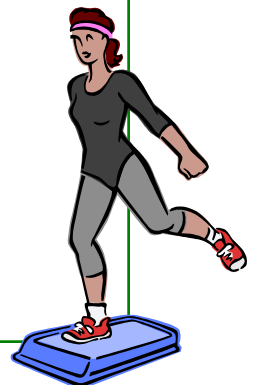
Wednesday, January 5, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Thursday, January 6, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Friday, January 7, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

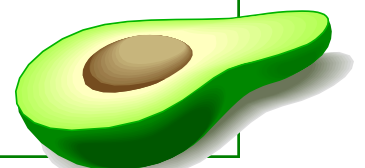- Goals for tomorrow:

Saturday, January 8, 2005
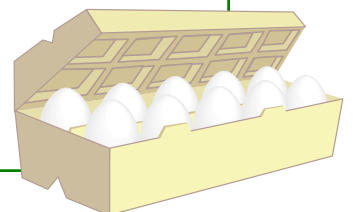
Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Sunday, January 9, 2005

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Monday, January 10, 2005

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Tuesday, January 11, 2005

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Wednesday, January 12, 2005

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Thursday, January 13, 2005

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:
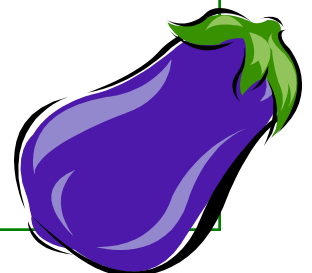
- Goals for tomorrow:

Friday, January 14, 2005

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Saturday, January 15, 2005

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Sunday, January 16, 2005

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:
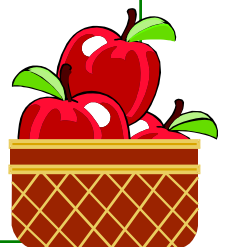
- Goals for tomorrow:

Monday, January 17, 2005

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Tuesday, January 18, 2005

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Wednesday, January 19, 2005

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Thursday, January 20, 2005

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Friday, January 21, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:
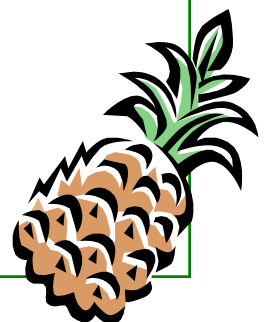
Saturday, January 22, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Sunday, January 23, 2005
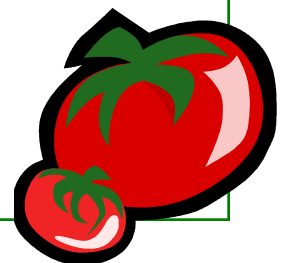
Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Monday, January 24, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Tuesday, January 25, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Wednesday, January 26, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Thursday, January 27, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Friday, January 28, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Saturday, January 29, 2005
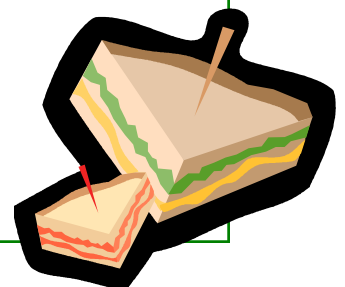
Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Sunday, January 30, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Monday, January 31, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Tuesday, February 1, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Wednesday, February 2, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Thursday, February 3, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Friday, February 4, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Saturday, February 5, 2005

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Sunday, February 6, 2005

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Monday, February 7, 2005

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

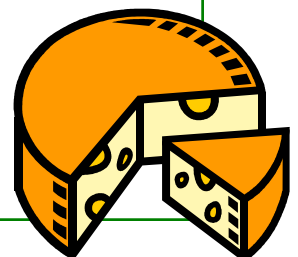## Tuesday, February 8, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Wednesday, February 9, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Thursday, February 10, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Friday, February 11, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Saturday, February 12, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Sunday, February 13, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Monday, February 14, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Tuesday, February 15, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Wednesday, February 16, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Thursday, February 17, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Friday, February 18, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Saturday, February 19, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Sunday, February 20, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Monday, February 21, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:
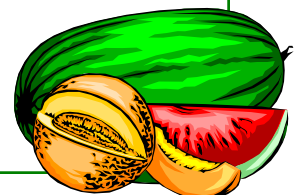
Tuesday, February 22, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Wednesday, February 23, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Thursday, February 24, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Friday, February 25, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Saturday, February 26, 2005

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Sunday, February 27, 2005

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Monday, February 28, 2005

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Tuesday, March 1, 2005

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Wednesday, March 2, 2005

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Thursday, March 3, 2005

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Friday, March 4, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:
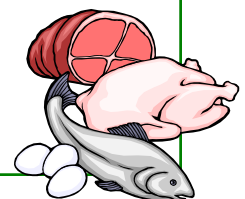
Saturday, March 5, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

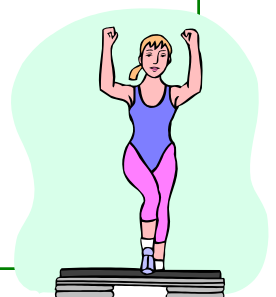## Sunday, March 6, 2005

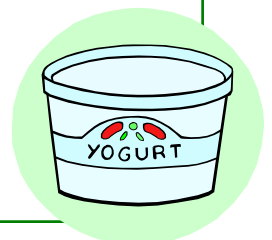Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Monday, March 7, 2005

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Tuesday, March 8, 2005

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Wednesday, March 9, 2005

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

YOGURT

Thursday, March 10, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Friday, March 11, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

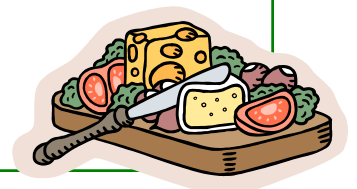- Goals for tomorrow:

Saturday, March 12, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Sunday, March 13, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Monday, March 14, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

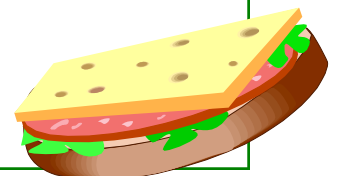## Tuesday, March 15, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Wednesday, March 16, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Thursday, March 17, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

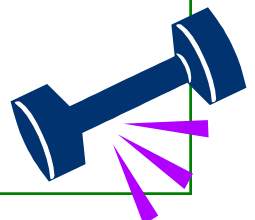## Friday, March 18, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Saturday, March 19, 2005

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Sunday, March 20, 2005

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Monday, March 21, 2005

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

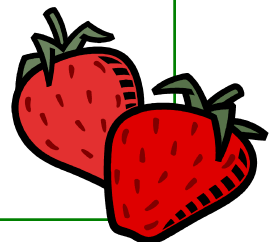## Tuesday, March 22, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Wednesday, March 23, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

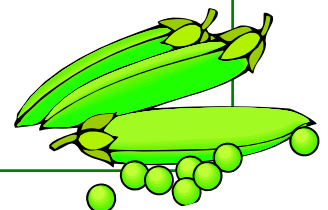## Thursday, March 24, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Friday, March 25, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Saturday, March 26, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Sunday, March 27, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:
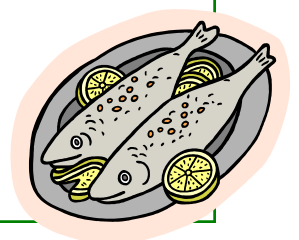
Monday, March 28, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Tuesday, March 29, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Wednesday, March 30, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Thursday, March 31, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:
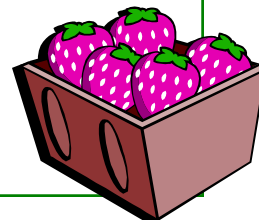
Friday, April 1, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Saturday, April 2, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Sunday, April 3, 2005

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Monday, April 4, 2005

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Tuesday, April 5, 2005

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Wednesday, April 6, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Thursday, April 7, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:
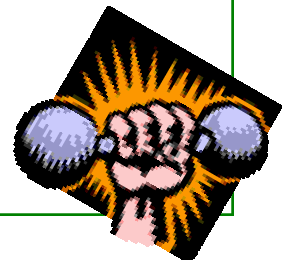
Friday, April 8, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Saturday, April 9, 2005

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Sunday, April 10, 2005

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Monday, April 11, 2005

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Tuesday, April 12, 2005

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Wednesday, April 13, 2005

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Thursday, April 14, 2005

Breakfast	Lunch	Supper	Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Friday, April 15, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Saturday, April 16, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Sunday, April 17, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Monday, April 18, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Tuesday, April 19, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

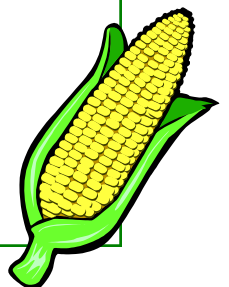## Wednesday, April 20, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Thursday, April 22, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Friday, April 23, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow:

Saturday, April 24, 2005

Breakfast   Lunch   Supper   Snacks

- Exercise I did today:

- Today I felt positive about:

- I would like to change:

- Goals for tomorrow: